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2007 JAN -3 P 12: 35

OFFICE OF INTERNATION ---

Securities and Exchange Commission Office Of the International Corporate Finance

Room 3094 STOP 3-6 450 Fifth Street N.W. Washington DC 20549 USA



33 Holborn -London ECIN 2HT

Telephone 020 7695 6000 www.j-sainsbury.co.uk. .

Ext:

020 7695 6378 020 7695 6378

Fax: Date:

07 December 2006

SUPPL

Dear Sir

Please find enclosed a copy of the above announcements made to the London Stock Exchange on 6th December 2006.

Yours sincerely

Hazel Jarvis Deputy Secretary

Enc

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Registered office as above Registered number 185647 England



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2001 JAN -3 P 12: ±5

OFFICE OF INTERNATIONAL CORPORATE FINANCE

J Sainsbury plc was informed on 5 December 2006 by Lord Sainsbury of Preston Candover KG, that he no longer holds a reportable interest in the Company following the transfer of shares within his family.

6 December 2006

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2001 JAN -3 P 12: 38

OFFICE OF INTERNATIONAL CORPORATE FINALICE

J Sainsbury plc 33 Holborn London ECIN 2HT

Telephone 020 7695 6000 www.j-sainsbury.co.uk

Securities and Exchange Commission
Office Of the International Corporate Finance

Room 3094 STOR 3-6 450 Fifth Street N.W. Washington DC 20549 USA

Ext:

020 7695 6378

Fax: Date: 020 7695 6378 15 December 2006

SUPPL

Please find enclosed a copy of the above announcements made to the London Stock Exchange on 15th December 2006.

Yours sincerely

Dear Sir

Hazel Jarvis

Deputy Secretary

Enc

Registered office as above Registered number 185647 England

100% post consumer waste recycled paper

NOTIFICATIO DISCHARGING PERSONS		TRANS AGERIA		OF DIRE SIBILITY		PERSONS ONNECTED
1. Name of the is	suer	; 	-	•		
J Sainsbury plc						
2. State whether DR 3.1.4R(1)(a);		cation rela	tes to (i) a tran	saction noti	fied in ac	cordance with
(ii) DR 3.1.4(R)(by section 328)				nce with sec	ction 324	(as extended
(iii) both (i) and	(ii)	# 				OF 510
(i)and (ii)		, , , , , , ,		:		ZET JAM -3 ZET JAM -3
3. Name of perso	n dischar	ging man	agerial respons	sibilities/dir	ector	要の
Justin Matthew I	King			1		TOP US
4. State whether managerial resp						
N/A				,		
5. Indicate wheth in 3 or 4 above o			_	_	f the <i>pers</i>	on referred to
Juștin Matthew I	King - J Sc	iinsbury p	lc share purch	ase plan tru.	st	
6. Description of instruments relat			g class), debe	ntures or d	erivatives	s or financial
Ordinary Shares	28 ^{4/7} p ea	ch				
7. Name of regined held by each of t		areholders	(s) and, if mo	re than one,	the num	ber of shares
HDSL Nominees	Limited $\frac{1}{1}$	SIP		•		
8 State the natur	e of the tra	ansaction			•	

Purchase							
9. Number of she	<i>ires</i> , debe	ntures or	! financial ins	truments	relating to	shares acc	quired
28) 	i i !	,			
	, •						
10. Percentage of taken into account					of that c	lass should	l not be
n/a			İ		t		
11. Number of sl	<i>ares</i> , deb	entures or	financial in	struments	s relating t	o <i>shares</i> d	isposed
n/a		İ		e c	_		
12. Percentage o taken into accour				ry shares	of that c	lass should	l not be
n/a			;	\$			
13. Price per share	re or value	e of transa	ction				
405.69p	[(
_	† † ·	 					
14. Date and place	e of trans	action		•			
14 December 200	ļ		 	i i			
	1	 	1 				
15. Total holdin notification (any percentage)							
273,975				0 -			
				•	•		
16. Date issuer in	formed o	 f transacti	on	•			
14 December 200	 26			į.			
				7			

If a person discharging manageria	tresponsibilities has been granted options by
the issuer complete the following	boxes
17 Date of grant	
	!
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18. Period during which or date on	which it can be exercised
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	1
19. Total amount paid (if any) for g	rant of the option
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	1 1 1 1 1 1 1 1
20. Description of shares or debent	ures involved (class and number)
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1	
· · · · · · · · · · · · · · · · · · ·	
	!
21 Exercise price (if fixed at time	of grant) or indication that price is to be fixed at
the time of exercise	t
the time of exercise	ł.
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, 1	1
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	1
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22. Total number of shares or	debentures over which options held following
notification	•
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i i	

23. Any addition	ai miorina -	ation			•			
Shares purchase Plan		ie Sainsbu	ry's Co	olleague Sh	are Pu	rchase		
24. Name of con	tact and te	lephone n	umber	for queries	i			
Hazel Jarvis 020	17 695 637	78						
Name and signa notification	ature of o	luly auth	orised	officer of	issuer	responsit	ole for mal	king
Hazel Jarvis					•			
Date of notificat	tion				1			
15 December 200	06 							
	! ! !	 	l l		, ,	÷		
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	 	1 .				•	+-			
NOTIFICATIO	N	OF	TRANS	AC	TIONS	\mathbf{OF}^{\natural}	DIRE	CTO	RS,	PERSONS
DISCHARGING	1			i					-	•
PERSONS				ŀ		± .				
	; 		j 1							

, 1	ļ	1			
1. Name of the issu	uer	;			
J Sainsbury plc					
2. State whether th	e notification	relates to (i) :	a transaction not	ified in accordan	ce with
DR 3.1.4R(1)(a); o	i i			iliya ili accordan	
(ii) DR 3.1.4(R)(1)	` '	t .		ction 324 (as ext	ended
by section 328) of	the Compani	es Act 1985; o	r		
(iii) both (i) and (ii)				
(i)					
! }					
2.31	1. 1		17 1714 171	,	
3. Name of person	discharging	manageriai re 	sponsibilities/air	rector	
Gwyn Burr	}				
!					
4. State whether no managerial respon					
N/A		·	:		
5. Indicate whether in 3 or 4 above or i	1			of the person ref	erred to
Gwyn Burr - J Sair	nsbury plc sh	are purchase p	olan trust		
			,		
6. Description of instruments relating		uding class),	debentures or o	derivatives or fi	inancial
Ordinary Shares 2	8 ^{4/7} p each				
7. Name of registe	ered shareho	 ders(s) and i	f more than one	the number of	Shares
held by each of the		ducis(s) and, i	i more man one	, me number of	SHUI ES
HDSL Nominees L	imited - SIP	}	·		

8 State the nature of the transaction
Purchase
9. Number of shares, debentures or financial instruments relating to shares acquired
28
10. Percentage of issued class acquired (treasury shares of that class should not be taken into account when calculating percentage)
n/a
11. Number of shares, debentures or financial instruments relating to shares disposed
n/a
12. Percentage of issued class disposed (treasury shares of that class should not be taken into account when calculating percentage)
n/a
13. Price per share or value of transaction
405.69p
14. Date and place of transaction
14 December 2006
15. Total holding following notification and total percentage holding following notification (any <i>treasury shares</i> should not be taken into account when calculating percentage)
62,557
16. Date issuer informed of transaction
14 December 2006

	a person discharging managerial responsibilities has been granted options by issuer complete the following boxes
17	Date of grant
	1
18.	Period during which or date on which it can be exercised
••••	
19.	Total amount paid (if any) for grant of the option
20.	Description of shares or debentures involved (class and number)
	Exercise price (if fixed at time of grant) or indication that price is to be fixed at time of exercise
••••	
	Total number of shares or debentures over which options held following ification

i C

	23. Any additional information
1 1 10000	
	Shares purchased under the Sainsbury's Colleague Share Purchase Plan
1 1	24. Name of contact and telephone number for queries
1 1 1 1 1 1 1 1	Hazel Jarvis 0207 695 6378
11 1 1 1 1 1 1 1 1 1 1	Name and signature of duly authorised officer of issuer responsible for making notification
THE PERSON NAMED IN COLUMN 1	Hazel Jarvis
1.5 1.5 4.5 1	Date of notification
	15 December 2006
The state of the s	NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED
:	PERSONS
	1. Name of the issuer
The second secon	1. Name of the issuer
The second secon	 Name of the issuer J Sainsbury plc State whether the notification relates to (i) a transaction notified in accordance with
	 Name of the issuer J Sainsbury plc State whether the notification relates to (i) a transaction notified in accordance with DR 3.1.4R(1)(a); or (ii) DR 3.1.4(R)(1)(b) a disclosure made in accordance with section 324 (as extended)
The second secon	 Name of the issuer J Sainsbury plc State whether the notification relates to (i) a transaction notified in accordance with DR 3.1.4R(1)(a); or DR 3.1.4(R)(1)(b) a disclosure made in accordance with section 324 (as extended by section 328) of the Companies Act 1985; or

	3. Name of person discharging managerial responsibilities/director
	Kennedy McMeikan
The Brench of	4. State whether notification relates to a person connected with a person discharging managerial responsibilities/director named in 3 and identify the connected person
	N/A
100 100 100 100	5. Indicate whether the notification is in respect of a holding of the <i>person</i> referred to in 3 or 4 above or in respect of a non-beneficial interest
	Kennedy McMeikan - J Sainsbury plc share purchase plan trust
11. 行為利用	6. Description of <i>shares</i> (including <i>class</i>), debentures or derivatives or financial instruments relating to <i>shares</i>
Ti di Cara	Ordinary Shares 28 ^{4/7} p each
1	
	7. Name of registered shareholders(s) and, if more than one, the number of sharehold by each of them
1	HDSL Nominees Limited SIP
1	8 State the nature of the transaction
ļ	Purchase
	9. Number of shares, debentures or financial instruments relating to shares acquired
	28
	10. Percentage of issued class acquired (treasury shares of that class should not be taken into account when calculating percentage)
	n/a
	11. Number of <i>shares</i> , debentures or financial instruments relating to <i>shares</i> disposed
	n/a
	1

12. Percentage of issued class disposed (taken into account when calculating percentage)	treasury shares of that class should not be ntage)
n/a	•
13. Price per share or value of transaction	•
405.69p	
14. Date and place of transaction	•
14 December 2006	• •
	:
	n and total percentage holding following not be taken into account when calculating
53,030	•
	,
16. Date issuer informed of transaction	
14 December 2006	•
If a person discharging managerial respo	usibilities has been granted ontions by
the issuer complete the following boxes	
17 Date of grant	
	· (
18. Period during which or date on which i	it can be exercised
	•
19. Total amount paid (if any) for grant of	the option

20. Description of shares or debentures involved (class and number)
21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise
22. Total number of <i>shares</i> or debentures over which options held following notification
23. Any additional information
Shares purchased under the Sainsbury's Colleague Share Purchase Plan
24. Name of contact and telephone number for queries
Hazel Jarvis 0207 695 6378
Name and signature of duly authorised officer of issuer responsible for making notification
Hazel Jarvis

Date of notification

15 December 2006